

Foundations for a

HEALTHY LIFESTYLE

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CONTENTS

Establish a Healthy Concept of Self

SCIENCE OF THE MINDBODY CONNECTION

- Memories Stored in the Body's Cells
- Psychoneuroimmunology
- There's a Brain in Your Belly
- Too Much Stress Can Make You Age Faster
- Physical Activity Can Make You Smarter

OUR VIEW OF OURSELVES MATTERS

- Evolution of Thinking About Ourselves
- I Am Only My Mind (Immaterialism)
- I Am Only My Body (Materialism)
- I Am My Body and I Am My Mind (Holism)

WELLNESS IN THE 21ST CENTURY

- The Evolution of Wellness
- What Does Wellness Encompass?
- Your Personal Wellness Wheel
- Make Your Own Music with Others
- Build Wellness into Your Life

FACTORS THAT AFFECT WELLNESS

- Environment
- Genetics
- Access to Health Care
- Social Determinants of Health
- Lifestyle
- Emotional States and Attitudes Toward the Body
- Healthy People 2020

Motivation for Making Healthy Change

SELF-PERCEPTION

- Wellness Demands That You Be Proactive
- Decide That You Are Worth the Effort
- Build Self-Esteem

MOVING FROM INTENTION TO ACTION

- Healthy Self-Acceptance Self-Esteem
- Unhealthy Achievement Self-Esteem
- Intrinsic and Extrinsic Motivation

MODELS OF BEHAVIOR CHANGE

- Transtheoretical Model of Change
- The Core Constructs of the Transtheoretical Model
- Self-Determination Theory of Change
- Applying Self-Determination and Transtheoretical Models

BEHAVIOR CHANGE REQUIRES SUPPORT

- Mindset Supports Your Desire to Change
- Get Support from Friends, Family
- Help Yourself by Helping Others

BARRIERS TO CHANGE

- Your View of Self Matters
- Don't Let Determinism Get in Your Way
- Overcoming Barriers to Behavior Change
- Negative Attitudes as a Barrier to Change
- Devising Positive Ways to Overcome Barriers

CREATING A PERSONALIZED BEHAVIOR CHANGE PROGRAM

- Step 1: Self-Assess
- Step 2: Set SMART Goals
- Step 3: Create a Strategy, Make the Commitment
- Step 4: Track Progress, Make Adjustments

Functional Fitness—A Foundation for Life

WHY FUNCTIONAL FITNESS IS IMPORTANT

- Tressa's Case

DEFINING FUNCTIONAL FITNESS

- Need for Functional Fitness
- Building on a Firm Foundation: Basic Principles
- Posture
- Dynamic Flexibility
- Adequate Muscle Strength and Endurance
- Proprioception: Strengthening Inward Focus
- Cardiorespiratory Functioning

BENEFITS OF FUNCTIONAL FITNESS

- Reduce or Eliminate Pain
- Prevent Chronic Conditions
- Create Your Own Natural Energy
- Enhance Your Mental Health
- Advantages in the Future
- Improve Cardiorespiratory Fitness
- Increase Muscular Strength and Endurance
- Become More Flexible

ETHICAL ISSUES

ASSESSING FUNCTIONAL FITNESS

- Interpreting Your Functional Fitness Test Results
- Reflect on Your Level of Functional Fitness

Cardiorespiratory Fitness

CARDIORESPIRATORY FITNESS FOR THE WHOLE PERSON

OVERVIEW OF THE CARDIORESPIRATORY SYSTEM

THE BENEFITS OF CARDIORESPIRATORY FITNESS AND HEALTH

- Improved Endurance and Skill
- Better Mental/Cognitive Health
- Lower Risk of Chronic Disease and Increased Quality of Life
- The Prudent Lifestyle
- Dose-Response Relationship

PRINCIPLES OF CARDIORESPIRATORY FITNESS

- Overload Principle
- Principle of Progression
- Principle of Reversibility
- Warm-up and Cooldown
- F.I.T.T. Formula

PREPARING FOR PHYSICAL ACTIVITY

PERFORMANCE OR HEALTH: WHICH ONE IS FOR YOU?

- Exercise Prescription Model (EPM)
- Apply the Exercise Prescription Model
- Lifetime Physical Activity Model (LPAM)
- Intermittent and Interval Training
- Physical Activity Trackers

PERSONALIZE YOUR CARDIORESPIRATORY TRAINING PROGRAM

- Identify Your Current Fitness Status
- Use Exercise Precautions
- Be Aware of Your Environment

Improving Flexibility

FLEXIBILITY AND MINDBODY INTEGRATION

THE ESSENCE OF BEING FLEXIBLE

- Flexibility and Joint Structure
- Benefits of Flexibility

CARE FOR YOUR BACK

YOUR FLEXIBILITY PROGRAM

- Types of Stretches

ASSESS YOUR FUNCTIONAL FLEXIBILITY

- Shoulder Reach
- Lateral Reach
- Sit and Reach
- Leg Raise
- Hip Raise
- Groin Stretch
- Ankle Flexion

PRACTICE AND IMPROVE YOUR FLEXIBILITY

- Apply Flexibility Training Principles
- Use F.I.T.T. for Flexibility
- Practice Flexibility Exercises
- Shoulder Mobility Progressions
- Lower Body Progressions: Straight Leg
- Trunk Rotation Progressions

TAKE FLEXIBILITY TRAINING PRECAUTIONS

Muscle Endurance and Strength

OVERVIEW OF THE MUSCULAR SYSTEM

- Cardiac Muscle and Smooth Muscle
- Skeletal Muscle

FUNCTIONAL FITNESS

MUSCULAR ENDURANCE AND STRENGTH

WELLNESS BENEFITS OF MUSCULAR FITNESS

- Back Health
- Bone Health
- Cardiovascular Health
- Mental Health
- Weight Control

PRINCIPLES OF A STRENGTH-TRAINING PROGRAM

- Progressive Overload
- Reversibility and Maintenance
- F.I.T.T. Principle for Strength Training
- Warm-up and Cooldown
- Gender Differences

INDIVIDUALIZED FUNCTIONAL FITNESS RESISTANCE EXERCISE

- Case Study 1
- Case Study 2
- Case Study 3
- Case Study Summary

CREATE YOUR FUNCTIONAL STRENGTH PROGRAM

- Beginning Level
- Intermediate Level
- Advanced Level

TAKE PRECAUTIONS WHEN EXERCISING

SUPPLEMENTS FOR STRENGTH GAINS

Enjoy Nutritious Foods

THE BENEFITS OF EATING WELL

- How Stress Influences Digestion
- Increased Stress Slows Digestion
- How Do Eating Practices Affect Your Diet?
- How Emotions and Attitudes Affect Your Food Choices
- Enjoy a Nutritious Diet

NUTRIENT TYPES

- Proteins
- Lipids (Fats and Oils)
- Saturated Fatty Acids
- Trans Fats
- Carbohydrates
- Vitamins and Minerals
- Water

DIETARY GUIDELINES

- U.S. Government Guidelines
- Other Guidelines and Resources

HEALTHY WEIGHT MAINTENANCE

- Maintaining an Energy Balance
- Three Energy Systems

FOOD LABELS FOR WISE CHOICES

- Serving Size
- Amount Per Serving
- Nutrients List
- Daily Value

Maintaining a Healthy Weight

YOUR EXPECTATIONS AND OTHER FACTORS

- Body Type and Frame Size
- Genetic Technology
- Cultural Bias

WHAT IS YOUR HEALTHY WEIGHT?

- Respect the Body You Have
- Determine the Right Weight for You

CAUSES OF WEIGHT GAIN

- Lack of Physical Activity
- Dieting
- Emotional Eating
- Chronic Stress and Poor Eating Habits

HOW TO MEASURE YOUR RISK

- The Health Risks of Being Overweight or Obese
- Body Mass Index
- Waist Measurement

- Indirect Measures of Body Fat
- Laboratory Body Fat Measures

HOW YOUR APPETITE WORKS

- Ghrelin Makes You Feel Hungry
- Leptin Makes You Feel Full, Stimulates Calorie Burn
- Appetite and Satiety Are Self-Regulating

CALCULATE ENERGY BALANCE

- Calculating Your Daily Caloric Expenditure
- Track the Calories That You Consume
- Reduce Calories and Increase Exercise to Decrease Body Fat

EATING DISORDERS

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

PRINCIPLES FOR MAINTAINING A HEALTHY WEIGHT

Making Stress Work for You Effectively

WHAT IS STRESS?

- Distress and Eustress
- Stress and Homeostasis
- Your Body's Physiology and Stress

HOW DO YOU RESPOND TO DISTRESS?

- General Adaptation Syndrome
- Psychoneuroimmunology and Stress
- Nonspecific Immune Response

SOURCES OF DISTRESS

- Contemporary Life Distresses
- Occupational Distress
- Financial Pressures
- Relationship Distress
- College Life Distresses

STRESS-INDUCED DISORDERS

- Cardiovascular Dysfunction
- Diabetes
- Irritable Bowel Syndrome
- Chronic Low-Level Anxiety

MAKING STRESS WORK FOR YOU

- The Power of Full Engagement
- Logotherapy
- Locus of Control
- Biofeedback
- Physical Activity and Exercise
- Additional Relaxation Ideas
- More Than Stress Management Techniques

Understanding Mental Health

THE HUMAN BRAIN

- Parts of the Brain
- The Brain at Different Stages in Life
- Differences in the Brain Between Genders

BENEFITS OF GOOD MENTAL HEALTH

- Self-Esteem and Self-Efficacy
- Emotional Intelligence
- Optimism
- Moods

UNDERSTANDING MENTAL DISORDERS

- Depression Disorders
- Anxiety Disorders
- Other Common Mental Health Disorders
- Learning (Neurodevelopmental) Disorders
- Dementia
- Addictive Behaviors

SELF-HARM AND SUICIDE

- Self-Harm
- Suicide

WELLNESS BEHAVIORS

- Exercise
- Diet
- Religion

Avoid Addictive Behaviors

WHAT IS ADDICTION?

THE SCIENCE OF ADDICTION

- The Chemistry of Addiction
- Addiction and Brain Development
- Genetic Effects
- Personality Factors

COMMONLY ABUSED SUBSTANCES

- Drug Addiction Is a Brain Disease
- Drug Classifications and Effects
- Caffeine
- Alcohol
- Tobacco

COMMON ADDICTION OR DYSFUNCTIONAL BEHAVIORS

- Gambling
- Pornography/Sexual Addiction
- Problematic Behaviors with Technology
- Dysfunctional Inner Speech

TREATMENTS FOR ADDICTION

- Twelve-Step Program
- Motivational Enhancement Therapy
- Solution-Focused Therapy
- Medications for Addictions
- Life after Addiction

Reduce Risk to Chronic Disease

CHRONIC DISEASE AND ITS COSTS

- An International Problem
- U.S. Statistics
- Mental Illness and Chronic Disease
- Costs of Chronic Diseases

RISK FACTORS TO CHRONIC DISEASE

- Tobacco Use
- Physical Inactivity
- Poor Nutrition
- Obesity
- Lack of Sleep
- High Blood Pressure
- High Blood Cholesterol
- Other Risk Factors

TYPES OF CHRONIC DISEASES

- Heart Diseases
- Cancer
- Diabetes Mellitus
- Arthritis
- Asthma
- Autoimmune Disorders
- Chronic Pain
- Meningococcal Meningitis
- Metabolic Syndrome
- Osteoporosis

THE LINK BETWEEN CHRONIC DISEASE AND MENTAL ILLNESS

- Depression
- Bipolar Disorder
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder
- Schizophrenia

HOW TO PREVENT CHRONIC DISEASE

- Healthy Behavior Checklist for Reducing Chronic Disease Risk
- Lifestyle Medicine Helps Avoid Chronic Diseases

HEALING WITH MIND, BODY, AND SPIRIT

Positive Thought, Optimism, and Hope
The Power of Hope: It's Not Crazy
Disease Care versus Health Care System

Infectious Diseases and Your Immune System

INFECTIOUS DISEASES AND HOW THEY SPREAD

What Is an Infectious Disease?
The Path to Infection
Risk Factors

MICROBES THAT CAUSE INFECTION

Bacteria
Viruses
Parasites
Fungi
Prions
Emerging Diseases

YOUR DEFENSE: A STRONG IMMUNE SYSTEM

Antigens: The Key to the Immune Response
The Parts of the Immune System
The Immune Response
Types of Immunity
Autoimmune Diseases

KEEP YOUR IMMUNE SYSTEM STRONG

The Importance of Vaccines

Promote Your Sexual Health

DEFINE YOUR SEXUALITY

Sexuality Is Shaped by You
Your Sexual Rights and Responsibilities
Be Proactive about Your Sexual Health

WHO IS HAVING RISKY SEX?

Unplanned Pregnancy
Choosing a Method of Contraception

SEXUALLY TRANSMITTED DISEASES AND INFECTIONS

Types of Sexually Transmitted Infections
Bacterial STIs
Protozoan STIs
Viral STIs
Infection Prevention

ABORTION

Surgical Abortion
Medical Abortion
Abortion Health Risks

SEXUAL ASSAULT AND HARASSMENT

Sexual Harassment
Sexual Assault
Sexual Abuse

SEXUAL DYSFUNCTIONS

SEXUAL ORIENTATION

APPENDIX 1

Healthy Living Within Society

MAINTAIN A POSITIVE OUTLOOK

Learned Helplessness
Learned Optimism
Optimism as a Characteristic for Success
Immune Power Personality
Emotional Resilience
Flow
Mindbody Signals

COMMUNICATING WITH OTHERS

Touching and Relating
Confiding in Others
Listening
Speaking
Timeliness of Your Communication
Conflict Resolution
Genuineness in Relationships
Be Aware How You Express Yourself

PRESENT A HEALTHY AND CONFIDENT YOU

Integrity and Trust
Developing Your Interests and Talents
Relate to Your Environment

THRIVING WITH LONG-TERM RELATIONSHIPS

NURTURING LONG-TERM RELATIONSHIPS

Interdependence with Others
Intimacy
Sexual Intimacy
Health Ramifications of Adult Attachment
Disruptions to Long-Term Relationships

DEALING WITH LONELINESS

Responsibility for Relationships
Relating to a Higher Power

Individual and Family Recreation

BENEFITS OF RECREATIONAL ACTIVITIES

- Common Barriers to Being Active
- Common Reasons for Being Active
- Physical Activity Improves Mood
- Physical Activity Helps You Relax
- Physical Activity Improves Your Health

THE PHYSICAL ACTIVITY PYRAMID

- Level 1: Physical Activity Every Day
- Level 2: Physical Activity 2–3 Times a Week
- Level 3: Exercise for Muscle Health and Flexibility
- Level 4: Rest and Inactive Time

F.I.T.T. PRINCIPLES FOR RECREATIONAL ACTIVITIES

- Frequency
- Periodicity
- Intensity
- Time
- Type of Activity

SPEND WISELY ON FITNESS

- Buying Personal Fitness Products
- Find the Right Wellness Program for You

SPECIFIC FITNESS ACTIVITIES

- Yoga
- Tai Chi
- Chi Gong
- Find the Activity That You Enjoy

Resources to Help Me Be Well

POSITIVE THOUGHTS

- Free Yourself from Fatalistic Thinking
- The Power of Being Aware
- Placebo Effect
- Epigenetics

LIFESTYLE MEDICINE

- Philosophy of Lifestyle Medicine
- The Practice of Lifestyle Medicine

THE HEALTH CARE SYSTEM

- Select a Health Care Provider
- Get Regular Checkups
- Find Health Insurance
- Government Health Care Programs
- Use Medications Wisely

INTEGRATIVE MEDICINE

Philosophy of Integrative Medicine

Live a Healthy Lifestyle within
Family, Community, and the World

HAPPINESS IS AN OUTCOME OF GOOD HABITS

- Positive Attitude for a Healthy Lifestyle
- Plan Healthy Living for Your Entire Life
- Reduce Your Vulnerability

MONEY AND LIFE SATISFACTION

- Can Money Buy Happiness?
- The Four Elements of Financial Well-Being

IMPORTANCE OF OCCUPATIONAL WELL-BEING

- Balancing Your Family and Relationships
- Managing Personal Finances
- Caregiving
- Education and Job Skills Development
- Health and Fitness Promotion

THE ENVIRONMENT AND YOUR WELL-BEING

- The Human Impact on the World's Environment
- Cleaner and Safer Environments
- Availability of Clean Water
- Geography, Weather, and Your Physical Fitness
- Exercising in Cold Weather
- Your Neighborhood and Physical Fitness
- Government and the Environment
- Home and Work Environments
- Natural Environment

AVOID INJURY AND VIOLENCE

- Motor Vehicle Safety
- Home Safety
- Violence Prevention
- Brain Injury

LIFE'S HAPPY CHALLENGES

- Pregnancy
- Raising Children
- Aging

THE SCIENCE OF HAPPINESS